

Media statement

9 May 2016

New regional hubs to support community mental health and wellbeing

The Queensland Mental Health Commission today announced funding of \$263,153 for three regional mental health and wellbeing hubs in northern Queensland, Central Queensland and Logan.

Mental Health Commissioner Dr Lesley van Schoubroeck said the hub concept reinforces the role of good mental health and wellbeing in kindling stronger, more connected, supportive communities.

“Wellbeing is a key ingredient for vibrant communities, giving people resilience to cope with the normal stresses of life, such as drought, natural disaster or other hardship.

“Positive mental health and wellbeing is the foundation for flourishing individuals, families and communities.

“People with good mental health and wellbeing have better physical health and life expectancy, better learning outcomes and educational achievement, creativity, increased productivity and community engagement, and in general, a higher quality of life.”

Dr van Schoubroeck said the hubs would build on existing community strengths, by tapping into existing community networks and expertise.

“The job of the hubs is to look at new and existing approaches, share knowledge and promote new skills, community resourcefulness and capacity across broader practitioner and community networks.

“They will foster practical and positive, locally-driven community wellbeing initiatives that fit the specific needs of their communities.”

Relationships Australia (Queensland) will set up a hub for Logan City which will also cater for the Southern Moreton Bay Islands.

The Logan hub will work with community members and groups, networks, industry and government across the region to identify community needs and facilitate better access to mental health and wellbeing training and resources.

In Townsville, SOLAS (Supported Options in Lifestyle and Access Services Ltd), working in partnership with the Mental Illness Fellowship NQ Inc, will host the Northern and Western Queensland Mental Health and Wellbeing Hub.

SOLAS and FINQ offices in five other locations will act as mini-hubs, broadening their reach into communities. A feature of the project will be the development of a community-owned online resource providing access to mental health and wellbeing information.

For the Central Queensland region, CentacareCQ, supported by the Central Highlands Regional Council and CQ Rural Health, will establish community-led mental health and wellbeing hubs across the Central Highlands.

Service planning and stakeholder engagement by the three hubs is underway, with each hub expected to be operational later this year.

The hubs are an initiative of the Queensland Government *Early Action: Queensland Mental Health Promotion, Prevention and Early Intervention Action Plan 2015-17* which aims to improve the mental health and wellbeing of all Queenslanders.

Read more at: www.qmhc.qld.gov.au

<https://www.qmhc.qld.gov.au/work/promotion-awareness/mental-health-wellbeing-hubs/>

ENDS

About QMHC: The Queensland Mental Health Commission is a statutory body established to improve the mental health and wellbeing of all Queenslanders by driving ongoing reform.